



NORD-BRIDGE
SENIOR CITIZENS ASSOCIATION

2020 FALL PROGRAM AT A GLANCE

Yoga Combo

This yoga class combines chair, stability, and gentle yoga together in order to strengthen the body and mind connection through slow gentle movements which are done in a non-intimidating manner. Modifications are always offered.

Begins: Tuesday, September 8 - October 20 (7 Classes)
Time: 9:00 am - 10:00 am
Fee: Members: \$35.00
Max. participants: 25

Location: Multi-Purpose Hall
Instructor: Melanie Hillaby
Non-Members: \$55.00

Keep Fit (Aerobic)

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class* please sign out Nord-Bridge's weights and take home* No impact functional exercises will focus on strengthening independence in daily living activities. This class can be done either standing or seated. ***This class will also be offered through Zoom LIVE***

Begins: Tuesday, September 8 - October 20 (7 Classes)
Time: 10:30 am - 11:15 am
Fee: Members: \$30.00
Max. participants: 15

Location: Multi-Purpose Hall
Instructor: Melanie Hillaby
Non-Members: \$50.00

Keep Fit (Strength & Conditioning) *Please see class description above*

This class will also be offered through Zoom LIVE

Begins: Wednesday, September 9 - October 21 (7 Classes)
Time: 9:00 am - 9:45 am
Fee: Members: \$30.00
Max. participants: 15

Location: Multi-Purpose Hall
Instructor: Melanie Hillaby
Non-Members: \$50.00

Yoga Combo *Please see class description under Yoga Combo

Begins: Thursday, September 10 - October 22 (7 Classes)
Time: 9:00 am - 10:00 am
Fee: Members: \$35.00
Max. participants: 25

Location: Multi-Purpose Hall
Instructor: Melanie Hillaby
Non-Members: \$55.00

Zumba GOLD *This is for those who had their previous Zumba class cancelled due to COVID-19*

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning

Begins: Friday, September 11 - October 23 (7 classes)
Time: 11:15am - 12:00 pm
Fee: Members: \$35.00
Max. participants: 15

Location: Multi-Purpose Hall
Instructor: Sheila Mulgrew
Non-Members: \$55.00

Please note: Tuesday, September 1- there will be NO registration day due to COVID-19. Instead, please register on this date at 8:30 am by calling Ashley at 403-329-3222 and we will register you from there. First call first serve. *We are working hard to get online registration set up in mid - September but until then, please call to register.

***All classes will have COVID-19 restrictions in place including temperature checks before entering class, mandatory masks before, during (if possible) and after the class, and safe social distancing of 2 meters. Thank you for your understanding.**

VIRTUAL PROGRAMS



Guided Meditation

In this class we will be working on progressive relaxation, guided imagery, and mindfulness. New comers are welcome, no experience required. The class will be done seated in a chair for 45 minutes and by the end of this session you will be relaxed, rejuvenated, and at peace. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed.

Begins: Monday, September 14 - November 2 (7 Classes)
Time: 9:00 am - 9:45 am
Fee: Members: \$20.00

Instructor: Ashley Kern
Non-Members: \$40.00

Town and Country Line and Wash with Donna Gallant

This class will work on watercolor techniques for color mixing and creating different textures. Participants will intertwine with our pen and ink strokes as well as touch on some perspectives elements of buildings but our main focus is how landscape and structures can work together. This class is for all levels. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. Make sure to also get a copy of the supply list when registering.

Begins: Monday, September 28 - November 23 (8 Classes)
Time: 10:15 am - 12:15 pm
Fee: Members: \$50.00

Instructor: Donna Gallant
Non-Members: \$70.00

Virtual Cooking Class – Sausage Leek Ragu Gnocchi

Explore new ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step! This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. *Must be a senior 55+ and live within Lethbridge city limits.

Begins: Monday, September 21
Time: 11:00 am - 12:00 pm
Fee: Members: \$15.00

Instructor: Ashley Kern
Non-Members: \$15.00